

☐ GET A KIT



MAKE A PLAN

☐ STAY INFORMED

Keep written contact information with you at all times. Use this form to write down your family's emergency plan. Post a copy where family members can see it, and put a copy in your emergency kit.

During an emergency, it's often easier to reach family or friends who live out of town.



Out-of-town contact:

Call or text #:

1

2

Email:

Where can you reach your family during an emergency?



Workplace and phone:



School and phone:



Workplace and phone:



School and phone:

Decide on a meeting place if you cannot return to your home.



Neighborhood meeting place and phone:



Out-of-town meeting place and phone:



Doctor:

Phone:



Veterinarian:

Phone:



Insurance:

Phone:



Medication:

Dosage:

Prescribing doctor:



Medication:

Dosage:

Prescribing doctor:



Medication:

Dosage:

Prescribing doctor:

Download the Ready Virginia app



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www.ReadyVirginia.gov

Download the free Ready Virginia app for alerts and more information.

Ready Virginia is an educational campaign that promotes emergency preparedness through three basic steps: get a kit, make a plan, stay informed. This document was prepared under a grant from FEMA's Grant Programs Directorate and the U.S. Department of Homeland Security.

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